

PACKING LIST

“Pack Right, Pack Lite”

Bring only the items on this list and nothing else:

- 1 duffle/gym bag to carry all items
- Enough clothes for 2 days
 - 1 pair of shorts for daily activities (they will get dirty)
 - 1 pair of shorts for physical fitness “
 - 1 pair of sweat pants or jeans “
 - 1 belt (both males and females must bring a belt) “
 - 2 T-shirts “
 - 3 pairs of socks (white) “
 - Underclothing (boxers, briefs, sports bras, panties, etc. --as appropriate)
There will be a lot of physical training. Cotton undergarments tend to chaff and be very uncomfortable. Underarmor® or moisture wicking material is highly recommended.
 - 1 pair of running shoes (shoes with ankle support if required)
 - Conservative Pajamas
- Rain jacket, poncho or raingear (Rain or shine, we still train! Be prepared.)
- Warm jacket or coat
- Toiletry articles (soap, toothbrush, shaving gear, feminine products, etc.)
- 1 towel and 1 facecloths
- Shower shoes or sandals
- Pad lock
- Flashlight with batteries
- Bug spray with Deet
- Medications or bee sting kit if required
- Positive Attitude!

Important: Hydrate with water/Gatorade at least two days prior to reporting.
(2 liters of water per day)

Recommended list (but not required)

- Vitamin C
- Wet Ones®
- Underarmor® underwear

No Jewelry

No Cell Phones

No Money or Valuables

No Weapons to include small knives

No Alcohol or Drugs

No Tobacco products of any kind.



1-800-GO-GUARD

Emergency number during Patriot Platoon events: (603) 228-1135 Ext. 4001